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TUESDAY, AUGUST 18, 2015

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LUCY SCHOLEY/METRO

FLYING HIGH

PRIDE TAKES OVER OTTAWA

metroNEWS

Zibi players on defence

PLANNING

City, developer address native activists at OMB hearing



Haley Ritchie
Metro | Ottawa

Lawyers from the City of Ottawa and developer Windmill spent all Monday at city hall defending the Zibi condo plan from activists who want sacred parkland instead.

Local architect Doug Cardinal has asked the Ontario Municipal Board (OMB), a provincial body that handles planning issues, to block the

development.

Cardinal and four other petitioners say the two islands should become parkland and designated a sacred site to Algonquin people.

The City of Ottawa has asked the OMB to dismiss that suggestion.

The normally dry pre-hearing proceedings drew a crowd of around 60 "Free the Falls" activists on Monday. The large group forced the hearing to switch rooms for more seating.

The group supports Cardinal and wants to see the ring-dam at the falls taken down — the vision of late Algonquin elder William Commanda.

Commanda's daughter, elder Evelyn Commanda-Dewache, attended the proceedings and was given spe-

cial allowance to speak at the hearing.

"I couldn't be part of this thing. My father wasn't able to be bought, and I won't make a bargain with my mother, the Earth," she said.

Lawyers representing Windmill and the city emphasized the amount of work the developer has done in open public consultations, the history of heavy industrial pollution in the area and the fact that the developer has promised publicly accessible parkland.

Windmill has also promised its construction will employ aboriginal workers, received a letter of support from the Algonquins of Pikwakanagan and is in talks with other groups.

The OMB hearing continues until Aug. 19.

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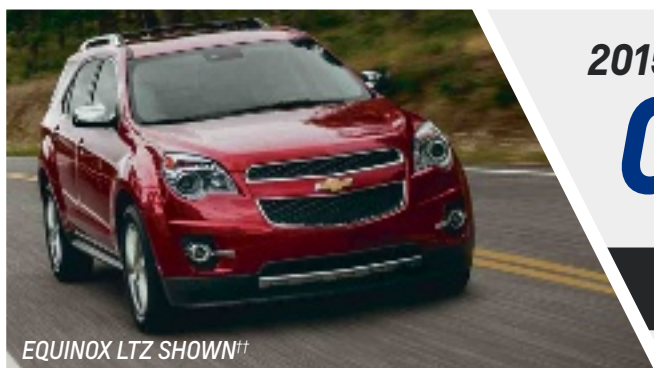
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Visit jdpower.com. ¹³ 2015 Cruze LTZ, MSRP with freight, PDI & levies: \$28,539. 2015 Equinox LTZ, MSRP with freight, PDI & levies: \$39,164. 2015 Silverado 1500 Double Cab 1LT Z71, MSRP with freight, PDI & levies: \$47,189. Dealers are free to set individual prices. ¹⁴ The 2-Year Scheduled Lube-Oil-Filter Maintenance Program provides eligible customers in Canada, who have purchased, leased or financed a new eligible 2014 MY Chevrolet, Buick or GMC vehicle (excluding Spark EV), with an ACDelco oil and filter change, in accordance with the oil life monitoring system and the Owner's Manual, for 2 years or 40,000 km, whichever occurs first, with a limit of four (4) Lube-Oil-Filter services in total, performed at participating GM Dealers. Fluid top-offs, inspections, tire rotations, wheel alignments and balancing, etc. are not covered. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. 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Credit is a manufacturer to consumer incentive (tax inclusive) and credit value depends on model purchased: \$500 credit available on Chevrolet Spark, Sonic, Cruze, Volt, Trax, Malibu (except LS), Buick Encore and Verano; \$750 credit available on others Chevrolet, Buick and GMC vehicles (except Colorado 2SA, Camaro Z28, Malibu LS, Silverado Light Duty and Heavy Duty, Canyon 2SA, Sierra Light Duty and Heavy Duty); \$1,000 credit available on Cadillac vehicles (except 2015 Cadillac Escalade) and \$1,000 on all Chevrolet Silverado and GMC Sierra. Offer is transferable to a family member living within the same household (proof of address required). As part of the transaction, dealer may request documentation and contact General Motors of Canada Limited (GMCL) to verify eligibility. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives. Certain limitations or conditions apply. Void where prohibited. See your GMCL dealer for details. 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Credit is a manufacturer to consumer incentive (tax inclusive) and credit value depends on model purchased: \$1,000 credit available on Chevrolet Spark, Sonic, Cruze, Volt, Trax, Malibu (except LS), Buick Encore and Verano; \$1,500 credit available on other eligible Chevrolet, Buick, GMC and Cadillac vehicles (except Chevrolet Colorado 2SA, Camaro Z28, Malibu LS, GMC Canyon 2SA and 2015 Cadillac Escalade). Offer is transferable to a family member living within the same household (proof of address required). As part of the transaction, dealer may request documentation and contact General Motors of Canada Limited (GMCL) to verify eligibility. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives. Certain limitations or conditions apply. Void where prohibited. See your GMCL dealer for details. GMCL reserves the right to amend or terminate offers for any reason, in whole or in part, at any time without prior notice.



Candidates find creative ways around signage ban

ELECTION

Bus shelter, billboard ads not governed by city bylaws



Michael Woods
Metro | Ottawa

Election signs aren't yet allowed on Ottawa lawns, but that hasn't stopped some local candidates from using other ways to get their names out there.

City bylaws don't allow election campaign signs on private property until this Thursday, and on city property until Sept. 19.

But that rule doesn't cover billboards or bus shelter ads.

"A billboard is not a temporary election sign as defined by City of Ottawa by-laws," said an email sent on behalf of Frank Bidin, the city's director of building code services. "The City does not regulate the content of billboards."

One prominent example is the giant billboard of Orleans Liberal candidate Andrew Leslie at Boulevard St. Joseph and Place D'Orleans Drive.

Leslie said the billboard, along with six Transitway bus shelter ads, were programmed and paid for weeks ago, before it was known Stephen Harper would drop the writ in early August.

"When you put up signs at

bus transit or on big huge billboards, you pay for them just like any commercial client," he said in an interview. "The reason that we've done so is to introduce me to the community at large, keeping in mind this complements a multi-pronged strategy."

That strategy, he said, includes recruiting volunteers, door-knocking (71,000 attempts since January, he says) and attending "every possible community event."

But the retired lieutenant-general said the bus ads and the billboard help voters recognize him when he's campaigning.

"Occasionally, I show up at the bus transit stations where the paid ads are, and it makes it so much easier just to stand right there with a team in front of the billboard," he said. "There's a little bit of a double-take from residents."

Catherine McKenna, the Liberal candidate in Ottawa Centre, has had bus shelter ads for several months. They can be a good way for people to know what she looks like, she said.

"For some people, that might be the first time they see me. Hopefully they also see me at the door and they feel I'm approachable," she said.

But she emphasized that such signs, in her view, are much less important than actually going door-to-door and meeting people.

"That's certainly the greatest priority for me," she said. "I think as politicians, we have



Andrew Leslie, the Liberal candidate in Orleans, seen next to an advertising his candidacy on Monday. Billboards don't fall under the rules governing election signs, which aren't allowed in Ottawa until Thursday. MICHAEL WOODS/METRO

an obligation to foster two-way conversations."

The lack of signs is a quirk of the long 78-day election cam-

paign. A typical election campaign is 37 days long, so the city's ban on campaign signs more than 60 days before vot-

ing day has not been an issue.

The ban on signs on private property in Ottawa lifts this Thursday.

ESIGHT

Tech helps legally blind see

Research and development that took place in Kanata has resulted in a set of high-tech specs that can help the legally blind to see.

Now, the founder of the company which produces the glasses has launched a charitable organization aimed at helping those with vision impairments to afford the \$15,000 specs as well as technology produced by other companies.

Conrad Lewis, engineer and eSight founder, launched the Lewis Vision Improvement Foundation at the Marshes Golf and Country Club on June 4, where eSight eyewear was demonstrated.

The glasses contain a pair of screens which display high quality video from a camera at the front of the glasses. The battery-powered eyewear can automatically adjust contrast, brightness and other settings to a user's needs or preferences.

Users can also manually adjust settings and focus, allowing them to zoom or even stream video content from a DVD or other device directly to the eyewear.

The eyewear cannot help those with absolutely no vision, but improves vision for those with sight problems or who are legally blind, said eSight's vice-president of marketing and outreach, Taylor West.

"Our sort of clinical sweet spot is from a visual acuity of about 20/60 to 20/400," said West.

Someone with 20/60 vision can see from 20 feet what a person with normal vision can see from 60 feet, and someone with 20/400 vision can only see from 20 feet what others can see from 400 feet.

Available since late 2013, more than 300 pairs of eSight eyewear have been sold, said West.

But the technology is both life changing and expensive, said West.

"I don't think that we have any problem with value, but \$15,000 is a lot of money and we want to make it as affordable as possible," he said.

The Lewis Vision Improvement Foundation charity plans to collect donations to help people with low vision or who are legally blind to afford eSight eyewear and other technologies that could help them, as well as provide services.

ADAM KVETON/METROLAND MEDIA

SOCIAL HOUSING

Canadian cities to see cutbacks in federal funding



Lucy Scholey
Metro | Ottawa

Canadian cities will start seeing a "significant increase" in the withdrawal of federal affordable housing funds starting in the next two years, as decades-old agreements draw to a close, says an Ottawa community housing leader.

But it's still unknown how

this will affect the City of Ottawa.

"Old federal housing programs from the mid-70s to the mid-80s were linked to 35-year operating agreements," said Ray Sullivan, executive director of the Centretown Citizens Ottawa Corporation. "They are expiring as we speak."

The City of Ottawa is currently studying the impacts of the net federal funding loss. Sullivan said urban aboriginal housing

programs and co-ops will likely feel the brunt of the phasing-out.

On Thursday, Ottawa's community and protective services committee will vote on a staff recommendation to split \$2 million between the John Howard Society, Résidence Montfort Renaissance and Ottawa Salus Corporation for 112 new affordable housing units.

The report, prepared by acting deputy city manager Susan Jones, states \$31 million in fed-

eral funding for Ottawa's social housing portfolio will be gradually phased out by 2029.

Such cutbacks could "threaten the viability of our current and future programs and services," it reads.

However, the city's affordable housing framework is complex, as there are different federal and provincial funding programs, plus a municipal tax base.

During the early 1970s, the federal government pumped

\$200 million into housing for low-income Canadians, according to the Canadian Encyclopedia.

Following a review of Canada's social housing program, the federal government started cutting back in the early 1980s. In the mid-1990s, the management of funds and social housing was downloaded to the provinces, which has since been largely downloaded to cities.

5

THINGS TO DO AT THE CAPITAL PRIDE FESTIVAL

The city is peppered with rainbow flags this week, as Capital Pride gets underway for its 30th anniversary. The event launched on Monday with a pancake breakfast and several flag-raising events across Ottawa, ending at city hall. **LUCY SCHOLEY** METRO

1 Coming out Café

Sip a cup of java and hear stories, anonymously submitted through social media, of young LGBTTQ teens coming out. Hosted at Tan Coffee, at 317 Wilbrod St., this free event is for youth aged 18 and under. Head there between 5 p.m. and 7 p.m. on Tuesday.

**3 Human rights vigil**

Capital Pride and Amnesty International will meet at the Human Rights Monument to commemorate the LGBTTQ community's gains and losses over the past 30 years. Gilbert Baker, an American gay artist who designed the rainbow pride flag, will give a speech. The event starts at 8 p.m. on Thursday.

4 Pride Social

One of Capital Pride's signature events, this funky retro-furnished social will serve up rainbow cocktails and Kinki Lounge Kitchen food. Head to St. Charles Church at 131 Barrette St. between 8 p.m. and midnight. Tickets for the 19+ event costs \$30 and are available at ottawacapitalpride.ca and at the door.

**2 Pride parade**

Those wanting to watch the pinnacle of pride will park themselves in Centretown this year. Starting at the corner of Gladstone and Kent streets, the parade route will continue down to Laurier Avenue and turn on to Bank Street, ending at Somerset. Last year, more than 114,000 people flocked to the colourful floats. This year, the water guns and costumes will start on Sunday at 1 p.m.

5 Pantsless pride party

The brave among you will leave your pants at home for this party. The less-brave, but arguably "balls" dancers will check their slacks at the door for the party at Babylon Night Club, at 317 Bank St. on Thursday. The bare bums will be out starting at 9:30 p.m.



SPORTS

Golf event supporting troops ready to tee off



Michael Woods
Metro | Ottawa

Hoping to beat the heat by watching some golf? You're in luck.

The Mackenzie Tour-PGA Tour Canada is stopping in Ottawa this week with the National Capital Open to Support Our Troops. The tournament features players who are vying for spots on the Web.Com Tour, and eventually the PGA Tour.

Last year, the tournament was called the Forces & Families Open, and was the first tour event to be played at a Canadian military golf course — Hylands Golf Club next to the Ottawa airport.

Official tournament play at Hylands starts on Thursday and carries through until Sunday.

Practice rounds began Monday. Members of the military get free access to all four days of the event.

Greg Machtaler of Prince George, B.C. won last year's event and is back this year hoping to defend his title.

There are some players with local connections in the field. Lee Curry, an associate gold professional at Rideau View Golf and Country Club, received a sponsor exemption earlier this month to participate. So did Josh Goheen, the current champion at Rideau View.

+ TICKET INFO

For tickets or more information, visit the tournament's website at nationalcapitalopen.ca

RENOVATIONS

Ottawa Fall Home Show tickets on sale



Lucy Scholey
Metro | Ottawa

The leaves have yet to change, but it may soon be time to rethink the colours of your living room.

The Ottawa Fall Home Show is coming to the EY Centre Sept. 24-27 with kitchen redecorating ideas, bathroom supplies and roofing fixes for homeowners.

Marketplace Events, a producer of 40 shows across the country including the spring-time Ottawa Home and Garden Show, is hosting the event for the first time and revamping the lineup.

TV personality Sarah Richardson, known for HGTV lifestyle

series Room Service, Sarah's House, Real Potential and Sarah's Rental Cottage, will be headlining the show with home design tips on Sept. 25 from 4:30 p.m. to 5:30 p.m. Local designers Lee-Ann Lacroix, Tanya Collins and Ottawa at Home editor Mary Taggart will also offer décor pointers.

An "Ultimate Upcycle Challenge" in which Ottawa celebrities like Mayor Jim Watson and prolific restaurateur Ion Aimers put their home decorating skills to use. Each contender will revamp a used piece of furniture to be auctioned off for Habitat for Humanity.

Tickets for the Ottawa Fall Home Show cost \$10 online or \$13 at the door, not including the \$8 parking fee.



Lola Walker, 6, splashes in the downtown wading pool at Saint Luke's Park. City beaches have closed for the rest of the season on Aug. 16 after only running for 58 days. HALEY RITCHIE/METRO

Full beach season not in budget: Parks

SUMMER

Wading pools remain open and are fully supervised



Haley Ritchie
Metro | Ottawa

While the National Capital Commission was tweeting about taking a beach day to deal with yesterday's 30 C weather, Ottawa beaches were closed for the season.

Across the river, the City of

Gatineau extended beach hours because of the heat, leaving many Ottawa residents wondering why the 58-day beach season in their city was so short.

"It is a drag, it's still the summer season and it should be open," said Nicole Martin, a parent beating the heat at Saint Luke's Park wading pool on Monday. "I came from a small town and beaches were open all summer. I do find it odd, it's cheap."

Dan Chenier, the city's general manager of parks and recreation said in an emailed statement that extending the beach season until Labour Day would cost more than \$100,000.

"There is no funding in the

\$100K

Beach supervision until Labour Day would cost the city an extra \$100,000, according to parks and recreation general manager Dan Chenier.

budget to extend the beach season," he said.

In addition, students hired by the city are preparing to head back to school. Chenier said the two weeks before September are the only time off they get all summer.

Rideau-Goulbourn Ward Coun. Scott Moffatt pointed out that people can still use the city's beaches — they are just unsupervised.

But Andrea Waddell, another parent at Saint Luke's Park, said she wouldn't risk using the beach without water testing and supervision.

Trish Walker, another parent at the wading pool, said the short season didn't bother her. She'd much prefer to take her daughter Lola to wading pools and splash pads in the city.

"The water safety is guaranteed here, there's supervision and toys and activities here. I think this would be my place of choice anyway," she said.

Fall In Love With Your Legs Again



Dr. Lucie Beaupré
Diplomate of the American Board
of Venous and Lymphatic Medicine

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Nigel Wright, ex-chief of staff to Prime Minister Stephen Harper, arrives at the Ottawa Courthouse on Monday. FRED CHARTRAND/THE CANADIAN PRESS

Semantics at centre of testimony

DUFFY TRIAL

'I don't feel it was a lie,' says former top aide

The definition of "lie" was tossed around during Sen. Mike Duffy's trial on Monday, all part of a scandal in which words were carefully chosen and their meanings parsed.

Nigel Wright, the prime minister's former chief of staff, was asked to explain to the court what he told his boss about a plan to have Duffy repay his Senate living expenses in 2013.

Duffy has pleaded not guilty to 31 charges of fraud, breach-of-trust and bribery in connection with his Senate claims.

The "scenario" co-ordinated between senior aides in Stephen Harper's office and Duffy was to have the senator publicly admit he made a mistake with his expenses and promise to repay them.

Trouble is, Duffy was never going to repay the money himself, and several people around Harper knew that. In-

itially, in February 2013, the idea was to have the party cover the bill, as well as Duffy's legal expenses.

Wright has said he told Harper that Duffy would repay the expenses. In the end, it was Wright who would send Duffy a cheque for \$90,000.

Bayne asked Wright why he lied to the prime minister.

"I don't feel it was a lie; I felt it wasn't on the list of things I needed to check with him," Wright responded.

Bayne pressed on: "Duffy was not going to repay. Did you not think there was a difference between Duffy repaying and a secret repayment by Sen. (Irving) Gerstein and others to have the (Conservative) fund repay?"

"I honestly didn't think it was that significant a difference," Wright replied. "The significant fact was that the expenses were going to be reimbursed and he wouldn't be claiming them anymore."

The veracity of Harper's public statements on the Duffy repayment, and those of his spokespeople and cabinet ministers, continue to dog the Conservative leader on the campaign trail.

Harper told the Commons in June 2013, well after Wright's payment had come to light, that his former chief of staff had told no one in his office about his decision.

A reporter asked Harper again Monday about the fact his staff had apparently lied to him. Harper has not directly responded to such questions.

The prime minister said Duffy and Wright are responsible and are being held accountable.

Bayne is continuing on a two-track courtroom strategy that has him simultaneously trying to paint Wright as a calculating backroom operator and Duffy as someone railroaded by powerful men into actions he didn't agree with.

Three of the 31 charges Duffy faces go to Wright's secret repayment, including the bribery charge.

Bayne uses the word "capitulation" frequently to describe how Duffy eventually acquiesced to a PMO plan to save the government from embarrassment.

Part of the plan was to attempt to have Duffy's expenses pulled from an independent examination by the auditor firm Deloitte — an idea Wright says came from Sen. David Tkachuk.

Bayne focused on emails that showed Duffy resisted admitting fault right up to the time he gave two TV interviews saying he would repay.

"This is nuts and is very

hard for me to swallow. I swing between the team player mode and do anything for (the prime minister), and it is time for

me to say phack it," Duffy wrote to Harper's closest adviser, Ray Novak, on Feb. 22, 2013.

"Let Deloitte decide. If I leave it to them, I have an avenue of appeal to the courts.

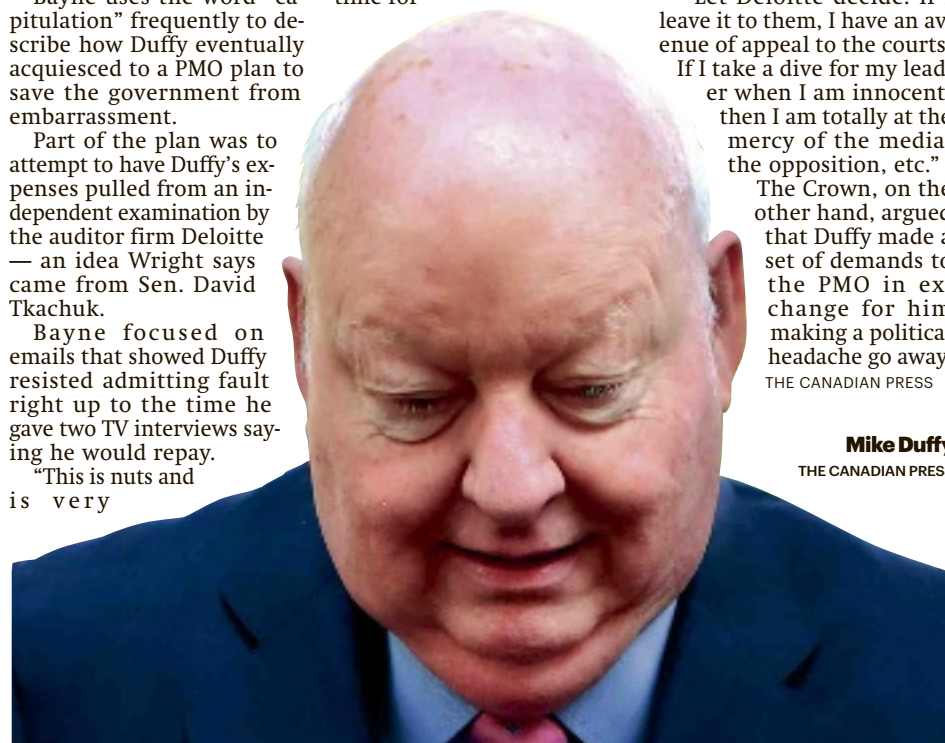
If I take a dive for my leader when I am innocent, then I am totally at the mercy of the media, the opposition, etc."

The Crown, on the other hand, argued that Duffy made a set of demands to the PMO in exchange for him making a political headache go away.

THE CANADIAN PRESS

Mike Duffy

THE CANADIAN PRESS



HEALTH

Study: Diabetes care costs billions a year

A new study has determined that the average cost of health care for Canadians with diabetes is \$16,000 over eight years, compared to \$6,000 for those without the disease.

The analysis published in the journal *Diabetic Medicine* shows that caring for the 3.4 million Canadians with diabetes costs the health system billions of dollars each year.

Lead author Laura Rosella of the University of Toronto says diabetes is one of the biggest public health challenges of the 21st century because of how much it costs to manage.

The study captured health-care costs for almost three million people with diabetes from 2004 to 2012 using patient data that included hospitalizations, emergency room visits, surgery, kidney dialysis and medications.

Rosella says the prevalence

of diabetes is expected to rise as a result of the aging population, as well as increasing rates of obesity and sedentary lifestyles.

She says it's critical that diabetes-related costs be estimated in order to properly allocate future health-care resources and to determine cost-savings from prevention strategies.

Dr. Janet Hux, chief science officer at the Canadian Diabetes Association, says the disease decreases a person's quality and length of life, and is a leading cause of kidney failure, lower limb amputation and blindness among adults.

"Looking beyond the impact on individuals, this study documents the heavy and potentially unsustainable burden the condition poses to the health-care system," she says.

THE CANADIAN PRESS

“This study documents the heavy and potentially unsustainable burden the condition poses to the health-care system”

Dr. Janet Hux



Conservative Leader Stephen Harper speaks during a campaign stop in Fredericton on Monday. Harper's campaign has been focused on security and the economy. SEAN KILPATRICK/THE CANADIAN PRESS

Dogged by Duffy trial, PM sticks to message

ELECTION 2015

Harper insists ex-senator and chief of staff are to blame

Questioned relentlessly at every campaign stop about the fallout from the Mike Duffy trial, Stephen Harper refused Monday to be knocked off his double-barrelled core campaign message: economy and security.

The Conservative leader stressed the latter at a stop in Fredericton, where he prom-

ised to add 6,000 people to bolster the ranks of the Canadian Forces reserves.

Harper said the measure will cost \$163 million over three years and \$63.4 million going forward once the overall target of 30,000 personnel is reached.

NDP Leader Tom Mulcair, however, kept the Duffy affair on the front burner, saying Harper misled Canadians about the repayment of the disgraced senator's questioned expenses.

"What Canadians do take away is that their prime minister has not been forthcoming with them, because he's been saying one thing and its op-

“What Canadians do take away is that their prime minister has not been forthcoming with them.”

Tom Mulcair

posite, and expecting people to believe both can be true strains credibility," Mulcair said at a stop in Niagara Falls.

But the prime minister stuck to his script; the two people to blame are Duffy and Nigel

Wright, Harper's former chief of staff, the star witness at Duffy's trial and the man who personally paid the embattled senator's questioned expenses.

Harper — ignoring evidence that indicates a number of PMO staffers were aware of the arrangement — says Duffy and Wright were the two principal players and are the ones being held accountable.

"I do think that what's important for Canadians looking forward is going to be the two issues of this campaign: the economy of our country and our future prospects in the security of our country," Harper said. THE CANADIAN PRESS

BRITISH COLUMBIA

Former MLA's son charged in drug bust

The son of a former British Columbia member of the legislature has been charged in a fentanyl bust in Calgary last month.

Kasimir Tyabji-Sandana, who is 27, is charged with one count of importing a controlled substance.

He made a brief appearance via closed circuit television in Calgary court on Monday. He will remain in custody until his next court appearance on Sept. 16. His lawyer is working on setting a date for a bail hearing.

Police intercepted a package marked as a muffler from China last month at Vancouver's International Mail Centre.

It was addressed to someone in Calgary and contained 122 grams of pure fentanyl, a synthetic opioid used primarily to treat severe pain.

Fentanyl is a growing concern across Canada as the number of deaths and overdoses from the drug continues to climb.

THE CANADIAN PRESS

ANIMALS

Dog saved from Afghanistan 'prisoner of a different war': Activist



Sadie is a Sage Koochee, extremely loyal to its pack but suspicious of strangers. TORSTAR NEWS SERVICE

Sadie the herding dog survived the war in Afghanistan, only to be scooped up this summer by the Ontario Society for the Prevention of Cruelty to Animals (OSPCA) near North Bay, Ont.

Sadie took a roundabout route to end up in her Canadian situation. She was originally rescued from an Afghan war zone by U.S. Navy Seal Patrick Feeks.

Feeks shipped her 11,690 kilometres to his home in Columbus, Mo., with the help of Puppy Rescue Mission, a group that helps members of the military.

Sadie is a Sage Koochee, a

breed known to be gentle to its owners and suspicious of strangers.

When she didn't get along with the Feeks' family pet, Sadie was shipped another 1,440 kilometres at Feeks' expense to The Laika Fund for Street Dogs, run by Rebecca Ashworth and her husband Randy on a 12-acre farm outside North Bay.

Feeks' plan was to reunite with Sadie once his tour of duty was over, but he was killed in a helicopter crash on Aug. 17, 2012.

Sadie was beloved by Feeks and the other soldiers who saved

her, Ashworth said in a prepared statement.

"She had adopted his unit and followed them on patrols of up to 10 miles," Ashworth said. "She warned them of intruders, showing them the loyalty she is full of."

Last month, Sadie made another trip after she was taken into custody by the Ontario Society for the Prevention of Cruelty to Animals.

Lynn Perrier of the animal welfare group Reform Advocates for Animal Welfare is crying abuse of power on the OSPCA's part after

the organization seized Sadie and 70 other dogs. Perrier said there were no cleanup orders or charges for infractions given when the dogs were seized.

"They complied with all orders that the OSPCA has ever given them," Perrier said.

"The Ashworths had promised to care for this beautiful dog for the rest of her life," Perrier said.

"Sadie is now a prisoner of a different war," Perrier said. "She is in a cage at an undisclosed location being kept from the Ashworths."

TORSTAR NEWS SERVICE

IN BRIEF**U.S. launches \$5-million initiative to combat heroin use**

The White House is launching a new \$5-million initiative to combat heroin use and trafficking of the drug, particularly in states along the East Coast.

About half of the money will fund a program to link public health and law enforcement agencies, with the goal of prioritizing treatment for drug users over punishments. Monday's announcement comes amid a spike in heroin use and deaths in the United States.

The rise in heroin use has become a frequent topic in the 2016 presidential campaign. Democratic front-runner Hillary Rodham Clinton recently held a forum in New Hampshire on drug addiction, an issue she said voters have been frequently raising as she's campaigned in the early voting state.

THE ASSOCIATED PRESS

Drunk New York man has his 10-year-old drive him home, police report

Police say an upstate New York man had his 10-year-old drive his pickup truck while he was sitting in the passenger seat drunk.

The Times Union of Albany reports police in the Saratoga County town of Stillwater were contacted by a motorist on Saturday who saw the child driving the truck on Route 9P.

Police say officers pulled over the truck and found that the 10-year-old was behind the wheel while his father, 46-year-old John Barling of Saratoga Springs, was intoxicated in the passenger seat. THE ASSOCIATED PRESS



In this image taken from The Associated Press video, a man talks into a mobile phone after a large explosion rocked Thailand's capital city on Monday during the evening rush hour, killing a number of people and injuring others. THE ASSOCIATED PRESS

Bomb kills over a dozen in Bangkok

TOURIST SPOT**Police have not determined a motive yet**

A bomb exploded Monday within a central Bangkok shrine that is among the city's most popular tourist spots, killing at least 18 people and injuring more than 100 across a hectic intersection surrounded by five-star hotels and upscale shopping malls.

With a powerful flash caught on security video and a boom heard blocks away, the blast from the improvised explosive

device scattered body parts across Ratchaprasong intersection, spattered blood, blasted windows and burned motorbikes to the metal. It exploded during evening rush hour as the area was filled with tourists, office workers and shoppers.

Pim Niyomwan is an English instructor working on the eighth floor of the building right next to the shrine. "The whole building just shook. My four students were hysterical," he said.

Video shortly after the blast depicts a scene of shock and desperation: people running for their lives and crying amid the debris. An emergency worker



Suddenly there was a big boom, and the whole room just shook, like someone dropped a wrecking ball on top of our ceiling.

Pim Niyomwan

in an ambulance, frantically pounding the chest of a victim.

No one immediately claimed responsibility for the bombing.

"Those who have planted this bomb are cruel," said national

police chief Somyot Poompumuang. "They aim to kill because everyone knows that at 7 p.m. the shrine is crowded with Thais and foreigners. Planting a

bomb there means they want to see a lot of dead people."

At least 18 people were confirmed dead and 117 injured, according to the Narinthon emergency medical rescue centre. The dead included Chinese and a Filipino, Somyot said.

Police said it was too soon to determine the motive.

THE ASSOCIATED PRESS

TRIGANA AIR SERVICE**Wreckage spotted**

An airplane with 54 people on board that crashed in the mountains of eastern Indonesia was carrying nearly half a million dollars in government cash for poor families to help offset a spike in fuel prices, an official said Monday.

Smouldering wreckage of the Trigana Air Service turboprop plane was spotted from the air Monday morning in a rugged area of the easternmost province of Papua, rescue officials said. There was no immediate word of any survivors from Sunday's crash, which happened in bad weather.

Four postal workers aboard the plane were escorting four bags of cash totalling \$468,750 in government fuel aid, Francis Haryono, the head of the post office in Jayapura, the provincial capital, told The Associated Press.

The ATR42-300 twin turboprop plane was flying from Jayapura to the city of Oksibil when it lost contact. Transportation Ministry spokesman Julius Barata said there was no indication that the pilot had made a distress call.

The cash from the Social Affairs Ministry was to be distributed among poor people in remote areas to cushion the jump in fuel costs, Haryono said.

"They were carrying those bags (of cash) to be handed out to poor people in Oksibil through a post office there," Haryono said.

President Joko "Jokowi" Widodo's administration raised fuel prices late last year and slashed government subsidies, a move the government says will save the country billions of dollars but has already sparked angry protests around the country.

The plane was carrying 49 passengers and five crew members on a scheduled 42-minute flight. Five children, including two infants, were among the passengers. THE ASSOCIATED PRESS

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SOUTH AFRICA**Pistorius prosecutors file appeal**

Prosecutors pushing for a murder conviction against Oscar Pistorius filed papers at South Africa's Supreme Court of Appeal on Monday, four days before the Olympic runner is expected to be released from prison and moved to house arrest.

Court registrar Paul Myburgh confirmed the prosecution's papers had been filed. Lawyers for the double-amputee runner have until Sept. 17 to file their response ahead of a hearing in November.

Prosecutors want a panel of judges at the Supreme Court

to overrule a decision by another judge to acquit Pistorius of murder for killing girlfriend Reeva Steenkamp in 2013. Pistorius was instead found guilty of culpable homicide, or manslaughter, for shooting Steenkamp through a toilet cubicle door in his home.

He was sentenced to five years in jail, but is expected to be released from the Kgosi Mampuru II prison in the South African capital Pretoria on Friday after serving 10 months of that culpable homicide sentence.

Because of his good behaviour, the 28-year-old Pistorius can be released on probation to serve the remainder under house arrest.

Prosecutors announced their intention to appeal Judge Thokozile Masipa's decision shortly after Pistorius' month-long trial last year.

They said Masipa made an error in interpreting the law when she cleared Pistorius of murder and found him guilty instead of an unintentional but still unlawful killing.

THE ASSOCIATED PRESS

EASTERN UKRAINE

Despite ceasefire, heavy fighting kills 9

A night-long artillery exchange in eastern Ukraine between government troops and Russia-backed rebels claimed nine lives on Monday, casting doubt on the already shaky ceasefire.

The fighting between Russia-backed separatist rebels and Ukrainian government troops in the country's industrial heartland eased after a truce was signed in February. But despite pledges to withdraw heavy calibre weapons from the front lines, both sides seem to be engaged in recent heavy fighting.

The conflict has killed an estimated 6,400 people since April 2014, according to the United Nations.

The rebel mouthpiece Donetsk News Agency said artillery fire killed three people in a front line town of Horlivka and two in the rebel capital of Donetsk. Ukrainian officials reported two civilian deaths on their side, in a suburb of Mariupol on the Black Sea. The Ukrainian Security and Defence Council also reported two troops killed and six injured overnight.

The shelling on Monday came after failed talks between Ukraine, the rebels and the Organization for Security and Cooperation in Europe

which were supposed to agree on further steps to withdraw weaponry.

President Vladimir Putin, who met representatives of various ethnic communities in the Russia-occupied Crimea on Monday, did not comment on the recent shelling. But he used the opportunity to claim that the current Ukrainian government is not free to make its own decisions because the country "is being managed from the outside."

“

We're worried about events of the recent days.

Sergey Lavrov, Russian Foreign Minister

Putin has alleged that Kyiv's decisions are heavily influenced by Western powers including the United States.

Russian Foreign Minister Sergey Lavrov on Monday said the uptick in shelling could be the beginning of a new Ukrainian offensive. "We're worried about events of the recent days, which look very much like preparation for fresh hostilities," he said.

OSCE observers warned Saturday about heavy weaponry that has gone missing after it was withdrawn from the front lines. The OSCE monitors were denied access to two locations in rebel-held areas where heavy calibre weapons were supposed to be kept.

THE ASSOCIATED PRESS

IN BRIEF

Boyfriend accused of murdering granddaughter of Morgan Freeman

The boyfriend of Morgan Freeman's granddaughter has been arrested in her fatal stabbing on a New York City street.

Lamar Davenport was arrested on a murder charge

Monday, a day after actress Edena Hines, 33, was found with stab wounds to her chest in front of her apartment building. Freeman issued a statement saying, "The world will never know her artistry and talent and how much she had to offer." THE ASSOCIATED PRESS



PAYING TRIBUTE 18 DIE IN BOMBINGS People attend a vigil Monday for government minister Shuja Khanzada, a Taliban opponent killed Sunday in suicide attacks, in Lahore, Pakistan. Police say the toll in the bombings has risen to 18. K.M. CHAUDARY/THE ASSOCIATED PRESS

Egypt cracks down with anti-terrorism law

TERRORISM

Sweeping new bill prompts concern from rights groups

Egypt's president has approved a far-reaching anti-terrorism law that establishes stiffer prison sentences for terror-related offences, heavy fines for journalists who publish "false news" and a special judicial circuit for terrorism cases.

Authorities claim the measures will halt attacks by Islamic militants and stop the spread

of their ideology, but the new restrictions have prompted concern from rights groups and even some Egyptian politicians and senior judges.

The 54-article bill, signed into law Sunday night by President Abdel-Fattah el-Sisi, offers an extremely broad definition of terrorism, describing it as any act that disturbs public order with force. Some charges, such as leading or organizing a terrorist group, carry the death penalty.

The law also prescribes heavy prison sentences for a range of crimes, including promoting or encouraging any "terrorist offence" as well as

“

Now they can go after anyone.

Mohammed Zaree, rights advocate

damaging state institutions or infrastructure.

Egyptians lived under so-called "emergency laws" for decades that gave police sweeping powers, encouraging a culture of excess and brutality among security forces, something that partially inspired the 2011 uprising against longtime

autocrat Hosni Mubarak. The law was suspended after his overthrow.

Rights activists say the new anti-terrorism law is even more draconian than the emergency laws and note that police under el-Sisi have already begun to act with the impunity of the Mubarak days, torturing detainees and denying them basic medical services.

Mohammed Zaree, a program manager at the Cairo Institute for Human Rights Studies, described the new law as "a covert emergency law."

"Now they can go after anyone," he said.

THE ASSOCIATED PRESS

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CANADA

Greek government likely to face confidence vote

BALLOUT DEAL

About-face on austerity has angered party lawmakers

Greek Prime Minister Alexis Tsipras is likely to call a confidence vote in his government after the country's third bailout deal with international creditors sparked a rebellion within his party, one of his ministers indicated Monday.

Expectations of a confidence vote, which could lead to early elections, heightened after last Friday's parliamentary vote in favour of the 86-billion-euro (\$93 billion US) three-year bailout passed thanks to opposition support. Dozens of lawmakers in Tsipras' Syriza party dissented.

Without the bailout, Greece faces defaulting on its debts and eventually being forced out of Europe's joint currency, the euro.

"I consider it self-evident, after the deep wounding of the parliamentary majority and in particular of the parliamentary group of Syriza, for there to be a move that at least approaches the issue," Energy and Environment Minister Panos Skourletis told Skai television when asked about the possibility of the government calling a confidence vote.

Skourletis added that early



A man and a woman in Greece's northern port city of Thessaloniki walk in front of graffiti depicting euro coins. GIANNIS PAPANIKOS/THE ASSOCIATED PRESS

elections may also be necessary in light of the political instability.

The government has said its current priority is securing

the bailout funding, which it needs by Thursday to meet a large debt repayment to the European Central Bank, and that any further decisions on

the political situation will be taken from then on.

In order to secure the bailout deal, Tsipras reneged on the promises that saw his radical-

left Syriza party win January elections. Syriza's coalition government with the small nationalist Independent Greeks was premised on a pledge to repeal austerity measures tied to Greece's two previous international bailouts.

Instead, after months of floundering negotiations with international creditors, the government accepted demands for steep tax hikes and deep spending cuts.

The about-face has angered an increasing number of Syriza lawmakers, including such prominent members as former ministers of finance Yanis Varoufakis and energy Panagiotis Lafazanis. Both voted against the government.

Last week, Lafazanis — who was replaced as minister in a reshuffle last month after opposing the government in a previous bailout-related vote — and another 12 left-wing politicians announced they were creating a new anti-austerity movement, although Lafazanis stopped short of quitting the party.

Despite his U-turn, Tsipras has remained popular and is believed to be well-placed to win a forthcoming election. Although no opinion polls have been published since the end of last week, when Greece's third bailout was finalized, previous polls showed his party enjoying a wide lead over opposition parties.

THE ASSOCIATED PRESS

JAPAN

Weak demand slowing recovery

Japan's recovery stalled in the April-June quarter, with the world's third-largest economy contracting at a 1.6 per cent annual pace thanks to feeble consumer and corporate demand and slowing exports.

The dismal data reported Monday raises the likelihood the central bank may opt for fresh stimulus measures in coming months. It also comes at an awkward time for Prime Minister Shinzo Abe, who has championed a strategy of heavy monetary stimulus to help push prices higher and drive a "virtuous cycle" of stronger consumer spending and corporate investment.

Abe has seen his popularity slip over his proposals to expand the role of Japan's self-defence force and could use some positive news on the economic side. But heavy rains in spring and summer are thought to have discouraged shoppers. Demand for autos has also slumped following a tax hike for smaller cars. As China's economy has slowed, its demand for exports has also lagged.

Economy Minister Akira Amari has acknowledged inadequate progress toward getting companies to use their surging corporate profits to raise wages and domestic investment — a priority seen as vital to a sustainable recovery.

THE ASSOCIATED PRESS

1.7%

Private consumption, the biggest driver of growth, fell 1.7 per cent despite an 8 per cent increase in residential investment.

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GROCERIES

Throw out cooked wings, Safeway says

Safeway is recalling several varieties of store-packaged, cooked chicken wings over concerns they may be contaminated with a toxin-producing bacteria.

Various flavours of the Safeway wings are part of the recall, which includes package dates up to and including Aug. 14.

The products were sold in Safeway stores in British Columbia, Alberta, Saskatchewan, Manitoba and Ontario.

The Canadian Food Inspection Agency (CFIA) says there have been no reported illnesses associated with consumption of the products.

Anyone who has purchased the suspect wings should throw them out or return them to

Safeway.

The food-inspection agency says it is investigating.

Food containing the Staphylococcus bacteria may not look or smell spoiled, and the toxin produced is not easily destroyed at normal cooking temperatures.

Common symptoms of Staphylococcus poisoning include nausea, vomiting, abdominal cramping and fever. In severe cases, there may be headaches, muscle cramping and changes in blood pressure or pulse rate.

The CFIA says the recall was triggered by the manufacturer. The agency says it will notify the public if other high-risk products are recalled.

THE CANADIAN PRESS

market minute



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14,251.53 (-26.35)

OIL
\$41.87 US (-63)

GOLD
\$1,118.40 US (+\$5.70)

NATURAL GAS: \$2.728 US (-7.3¢)
DOW JONES: 17,545.18 (+67.78)

metro's election explainer

Fair Elections Act makes voting trickier for some. Here's how:

Last year, the Conservatives passed the Fair Elections Act. The most divisive aspect of the wide-ranging legislation, which came into effect in December, is its tightening of voter-ID requirements on election day.

The government's rationale was that the stricter rules would end "risky practices that are prone to errors and irregularities," but critics contend that the practical effect will be to disenfranchise marginalized populations — students, the elderly, homeless voters, indigenous peoples — who tend not to support the Tories.

The new rules

- **Vouching:** Voters with proper ID could formerly "vouch" for a fellow voter's identity. The new law ends that practice, citing 2011's Neufeld Report, which suggested there were "irregularities" in about a quarter of vouching cases. There appears to be no record, however, of fraudulent voting actually taking place.

- **Voter-info cards:** Voters were allowed on election day 2011 to present the info cards they received in the mail from Elections Canada

as valid ID. The Fair Elections Act puts an end to that too. Each voter is now required to provide identification that specifies both their name and their address, which means that the 20 per cent of Canadians who don't have drivers' licenses will likely need to present two pieces of ID — for example, a health card and a phone bill.

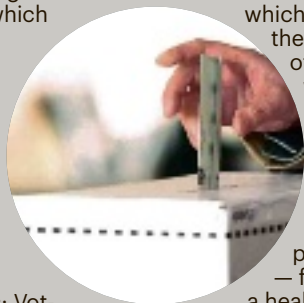
The potential impact
The lawyer who led a

so-far-unsuccessful effort to secure an injunction against the act has said that former B.C. chief electoral officer Harry Neufeld (of the Neufeld Report) estimates 250,000 would-be voters will be unable to cast ballots this year, and vouching enables about 100,000 voters.

The leaders' reactions

Liberal Leader Justin Trudeau has said that, if elected, he'll repeal or "repair" the "terrible piece of legislation."

NDP Leader Tom Mulcair has said the Fair Elections Act makes it harder for "whole classes" of Canadians to vote.



The election explainer is dedicated to keeping urban Canadians informed ahead of the Oct. 19 vote. Look for it in this space throughout the campaign. Let us know what needs explaining: readers@metronews.ca

OC Transpo had better plan for better planner

YOUR RIDE

Kathryn Hunt



There was a time when OC Transpo's online travel planner was a mainstay for me, when I didn't have a bicycle and I got everywhere by bus (and in the days before everyone had GPS on their phones).

The problem was that it could only give you a route based on the schedule, and as anyone who's been late for an important meeting knows, buses can't always stick to the schedule.

The online planner has recently been updated with a new, shinier version, using map data from Google Maps. You can see a map of the route and you can select for accessible buses and bike racks, but it still doesn't tell you

where the buses actually are.

We're spoiled these days. We're surrounded by information all the time now. We expect it, and we expect it fast. But data is also so easy to get and display that we can end up with way too much information, and not what we actually need to know.

Generally, all I want to know is: what bus should I take and, most importantly, is it on time? How long will I have to stand here? More frustratingly, will I get to the stop just in time to see my bus pulling away?

OC Transpo's MyTransit app is, apparently, working on it. It now has "real time" information, and updates arrival times every 30 seconds.

Still, a quick test (watching buses pass my local stop and trying to find them on my phone),

Nothing indicated that there was a bus at my stop right now (even though I was looking at it). A ton of information: none of it clear.... Where is my bus, exactly?

showed they didn't seem to correspond.

In fact, it was confusing. A little marker told me where the bus was supposed to be on the route (six or eight stops away from where it actually was): a little green square flipped as I watched to show a new time, ten minutes into the future, as the predicted arrival time; nothing indicated that

there was a bus at my stop right now (even though I was looking at it). A ton of information: none of it clear. Which is the planned time and which is the updated time? Where is my bus, exactly?

It's getting better. Not long ago, you couldn't get real-time locations at all. But the information could be much easier to sift through.

In Vancouver, the app can show you where the bus is on a map: You are here. Your bus is there. Simple.

Kathryn Hunt @k8thek8 is a writer, editor of Centretown BUZZ, storyteller, poet, cycling blogger, rock climber, mysterious techno vixen (confirmed) and geek. Not necessarily in that order. You can read her cycling blog at theincidentalcyclist.blogspot.ca.

metroview

We're going off the rails on a Schumer train



Liz Beddall
Metro | Toronto

I've done my share of celeb-blasting, but never have I been met with the kind of objection that I now hear when I talk about my bafflement surrounding the Amy Schumer phenomenon.

Even my most like-minded comedy aficionados seem scandalized when I tell them I interpret the success of the Schumer brand as akin to the proliferation of Facebook memes: obvious and simplistic snippets of humour that in the best-case scenario make you say "Ain't it the truth," but offer no takeaway value.

It's worth mentioning that I might have a little too much in common with "Amy," Schumer's profane and hyper-sexualized alter-ego whose exploits are documented in YouTube videos, standup specials and Trainwreck, her recent Judd Apatow-directed rom-com. I'm a 31-year-old Tinder regular, former binge drinker, Cheetos consumer, rampant sexter and tampon user.

And in the course of finding my footing as a female in the world, I have been known to self-consciously counteract the horrifying prospect of being unappealing to the opposite sex by portraying myself as aggressively

promiscuous, emotionally unavailable and chaotically unladylike.

From the outside it reads as brave, but the root of it, at least on my end, comes from a defensive, dishonest place.

It's exactly because I relate so readily to "Amy" that I'm perplexed by audiences' positive responses to her. I see a female who is taking the safe path rather than the one less travelled, relying on stereotypically masculine behaviour for a reaction rather than broadcasting a unique, intelligent, stand-on-its-own sensibility.

If Amy and her fans want me to see a self-aware deconstruction of post-modern femininity, they're going to have to explain how that squares with the end of Trainwreck.

As with many films in the Apatow repertoire, the drug humour and penis commentary of the first act clunkily give way to a moral lesson worthy of Henry James. We find out that Amy does in fact want to be in love and have a family and that her wild-child bravado is futile self-delusion.

The glitches in the Schumer machine are showing here, but as I see it, they've been showing all along.

Much like a viral video that offers little more than a temporary chuckle, Schumer's body of work is destined to be relegated to the caboose of our comedic canon.

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PHILOSOPHERCAT
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THE CRUELEST LIES ARE
OFTEN TOLD IN SILENCE.

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Clinical psychologist Jason Moser G.L. KOHUTH

PSYCHOLOGY

Scientists develop game to reduce anxiety

To help people focus in an increasingly distracting world, a research team came up with a surprisingly simple game that starts by reducing anxiety.

Such brain-training games exist in abundance, although the U.S.-based research team says no proof of their effectiveness exists.

Yet they managed to demonstrate that their own game — which involves identifying shapes — kept players focused

and reduced their anxiety.

“Down the line we could roll out an online or mobile game based on this research that specifically targets distraction and helps people stay focused and feel less anxious,” says lead author Jason Moser, an associate professor of clinical psychology at Michigan State University.

Springboarding off the idea that anxious individuals are easily distracted by objects that stand

out from others like them, the research team’s game almost ironically requires paying attention to such objects.

In the study, Moser and his team compared participating players of opposing anxiety levels as they performed a focus task.

Identifying a designated shape in a series of shapes that had one common aspect — such as colour, for example — seemed to increase their focus.

To test whether this was true, the research team tasked them with a distracting exercise in which shapes of different colours joined the sequence.

Players were not distracted by this exercise despite the fact that it was designed exactly for that purpose, according to Moser, who credits the focus task.

“There have been other studies of video game-type interventions for anxiety,” says Moser,

“but none have used a specific and simple game that targets distraction.”

The study was published in the journal Behavior Therapy.

While the game has yet to become available on the commercial market, anxious individuals are commonly advised to meditate. Mounting evidence indicates the practice not only reduces anxiety, it sharpens the mind.

AFP

Tetris blocks addiction: Study

RESEARCH

Game reduced drug, food and sex cravings in participants

Just three minutes of playing Tetris on a smartphone could abate cravings for drugs, cigarettes, alcohol, coffee, food, sex and even sleeping by as much as one fifth, according to a new study.

The same research team that did this study in a lab last year was able to replicate the results outside the lab this year. They published their findings in the international,

peer-reviewed journal Addictive Behaviors.

“Playing Tetris decreased craving strength for drugs, food, and activities from 70 per cent to 56 per cent,” says co-author Jackie Andrade of Plymouth University in the U.K.

“This is the first demonstration that cognitive interference can be used outside the lab to reduce cravings for substances and activities other than eating.”

Working with 31 students between the ages of 18 and 27, the researchers surveyed the students’ cravings, reminding them by text message seven times a day to report to the researchers any cravings and

whether or not they actually gave into them.

Additionally, they encouraged the students to report any cravings they might feel between text prompts.

In all cases the students were asked to report what they were craving and just how much they wanted it on a scale between zero and 100.

Participants were asked to admit whether they had been drinking alcoholic beverages at the time of the reporting.

Among the participants,

15 of them had been asked to play Tetris using an iPod for three minutes after each text message prompt.

Cravings data from the other 16 participants was used as a baseline to find out just how much Tetris makes a difference.

Thirty per cent of the time, the students reported cravings, and two-thirds of these claims involved cravings for food and non-alcoholic beverages.

Substances classified as drugs such as coffee, ciga-

rettes, wine and beer accounted for 21 per cent of the cravings reported.

Sixteen per cent of cravings were for sleeping, playing video games, socializing and sex.

“The impact of Tetris on craving was consistent across the week and on all craving types,” says co-author Jon May, also of Plymouth University.

“People played the game 40 times on average but the effect did not seem to wear off.

In fact, Tetris-playing students kept their cravings at bay throughout the seven-day experiment, according to the study.

“This finding is potentially important because an intervention that worked solely because it was novel and unusual would have diminishing benefits over time as participants became familiar with it,” says May. AFP



People played the game 40 times on average but the effect did not seem to wear off.

Jon May, Plymouth University researcher



Indie summer listening

Too busy to keep up with this year's indie releases? Now that the summer heat has slowed you down, we've got five albums that'll keep you cool whether beachfront, poolside or on a road trip. **AFP**

Wolf Alice *My Love is Cool*

This debut album was one of the year's most-anticipated for indie fans, many of whom had become well-acquainted with the North London alternative rock band through touring and EPs.

Released in June, the debut spotlights singer Ellie Rowsell on an album of youthful rock 'n' roll.



Sufjan Stevens *Carrie & Lowell*

The U.S. singer-songwriter-instrumentalist always gets the indie world chatting when he releases new music, and his latest, the March album *Carrie & Lowell*, did just that and also drew praise as one of his best.

The intimate album sees him return to his folk roots.



Belle and Sebastian *Girls in Peacetime Want to Dance*

The Scottish indie pop band released its latest album early this year — five years after its previous LP. A greater focus on pop characterizes this latest, which ventures into nu-disco for an album that seems to have the dance floor in mind.



Father John Misty *I Love You, Honeybear*

American folk musician Josh Tillman, previously of Fleet Foxes, released his second album under his moniker Father John Misty in February. The album's songs are at once plaintive, cynical and ironic and see Tillman delve into his own personal life and relationships.



Courtney Barnett *Sometimes I Sit and Think, Sometimes I Just Sit*

After building buzz via live shows and two EPs, the Australian singer-songwriter released her debut album in March to critical acclaim. With lyrics and music that is a clear nod to 1990s grunge, she recounts rather ordinary tales of daily life.



FM RADIO

Tune in on your smartphone

SOUND CHECK

Alan Cross



Your smartphone contains four radio devices. The first deals with cellular data; the second allows you to connect to Wi-Fi; the third handles Bluetooth; and the fourth lets you listen to FM radio.

Wait. What?

That's right. Many millions of smartphones — including virtually every iPhone and all of Samsung's Galaxy phones — come with an FM chip installed at the factory. It's just that most manufacturers have never turned the chip on. But that's starting to change.

AT&T recently announced that they're going to join Sprint in firing up the chips in Android phones on their networks as part of a deal with NextRadio, an initiative being pushed with great gusto by Emmis, the second-largest radio broadcast group in the U.S.

Before you write this off as a mere FM tuner in your phone like you may have seen in older MP3 players (Microsoft's Zune had one of these), SmartRadio is much different. And it's also different from the kinds of apps you might have downloaded for your favourite radio stations.



Your iPhone contains an FM chip that, once active, could unleash free radio. GETTY IMAGES

This app combines over-the-air FM broadcasts with an Internet connection to create a very interactive listening experience. Users can view artist details, album art, information about songs, share favourite songs on Facebook and Twitter and interact with the station itself. And it looks fantastic.

The best part? You can listen to this programming without blowing through your data caps. After all, you're not listening to an Internet stream. Only the interface consumes data — and it sips rather than gorges. Plus battery life is extended.

This, of course, is why a lot of telcos aren't keen on activating the FM chip. If people can listen to music for free, subscribers won't use as much data and, of

course, no one wants to jeopardize a revenue stream.

But broadcaster groups will not let up in their lobbying. The industry desperately wants the FM chip activated so that old-school radio will be in a device that's been robbing it of listeners. They also point out that in the event of an emergency — let's say a power grid problem that interferes with mobile phone networks — the FM chip could turn out to be of incalculable value.

At the moment, NextRadio is only available on Android phones, but the iPhone contains the Murata 339S0228 chip that's just waiting to be turned on, providing local alternatives to Beats 1.

What are the chances of that happening? Yeah, I thought so.

IN BRIEF

Nickelback cancels tour

Nickelback's No Fixed Address world tour has been scrubbed entirely.

Representatives for the Alberta rockers say all remaining tour dates have been cancelled due to an extended period of vocal rest ordered for lead singer Chad Kroeger.

Nickelback cancelled the second leg of the tour in June when doctors first diagnosed Kroeger with a cyst on his vocal cords.

He recently underwent

surgery and the group was scheduled to resume the European leg of the tour in September. But doctors now say Kroeger needs to remain on vocal rest for the next six to eight months in order to heal completely.

Organizers say ticket refunds will be available at the point of purchase.

THE CANADIAN PRESS

Seeking musical talent

Music hitmaker David Foster said Monday he's always on the lookout for fresh tal-

ent, and Asia seems to have a lot of it.

Foster told The Associated Press in an interview that Filipinos have an edge because they grow up on karaoke and American music, and from there formulate their own sound. The record producer and composer of hit songs said Asians are figuring out how to dominate the world with their music, with K-pop in South Korea well on its way to doing so.

THE ASSOCIATED PRESS



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THIS WEEK: *The Importance of Visiting the Dentist.*

Hall, McDavid fast friends

NHL

Top picks of 2010, '15 drafts skate together for first time

Connor McDavid is finally playing with his Edmonton Oilers teammates — well, two of them.

The No. 1 overall pick in the 2015 NHL draft joined Oilers teammates Taylor Hall and Darnell Nurse on Monday at a practice for a pre-season mini-tournament in midtown Toronto.

It was the first time future linemates Hall and McDavid skated together, and the young centre's skills were immediately apparent to the Edmonton left-winger.

"He's got a lot of foot speed," said Hall. "He seems to glide faster than most guys skate in full speed. It's fun to be out here with him. Fun to hang around him and hopefully make him feel more comfortable for what he's got in store."

McDavid was taken first overall by the Oilers on June 26 after dominating the Ontario Hockey League. He scored 44 goals and added 76 assists during the regular season for the Erie Otters despite missing time with a broken hand. McDavid was even better in the playoffs, averaging more than two points a game with 21 goals and 28 assists in 20 games.

Like Hall, McDavid was impressed by his new teammate's speed.

"It's very exciting to play with him," McDavid said. "Obviously, he's a great player and I got a better sense of how fast he is. You watch him on TV but it's a



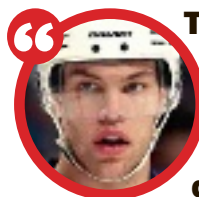
Connor McDavid is coming off a post-season campaign in which he posted 21 goals and 28 assists in 20 games with the OHL's Erie Otters. JASON FRANSON/THE CANADIAN PRESS

whole different story live."

Although Hall was the top selection at the 2010 NHL draft, he says there's no comparing his experience with that of the highly touted McDavid.

"He's been through so much already with all the hype that he's had to endure," said Hall. "I wasn't anywhere close to that. I was the first overall pick but at the same time it wasn't anything like what Connor's experiencing."

"Our job in Edmonton is not only to play well with him but



The one thing about Edmonton is we've always had some pretty good forward depth ... With Connor coming in that doesn't change. Taylor Hall

make sure he's comfortable because that's going to allow him to play his best."

McDavid will have a familiar face on the Oilers in Nurse, a former junior rival.

Nurse and McDavid often tangled with each other in the OHL. Nurse, a defenceman with the Sault Ste. Marie Greyhounds, had a physical Western Conference final against McDavid's Otters,

with Erie eventually winning in six games.

That old animosity has already been set aside this summer, with the defenceman and centre hitting it off at the pre-season tournament.

"We were sitting beside each other in the room in there and we were laughing and having good times," said Nurse. "It's a lot more fun than going into a corner and trying to cross-check him and run him through the boards." THE CANADIAN PRESS

LPGA

Hendo weighing asking for Tour exemption

Brooke Henderson's first LPGA Tour win didn't stop her from having to play golf on Mondays.

Henderson completed an eight-stroke victory Sunday at the \$1.3-million US Cambia Portland Classic to become the first Canadian to win an LPGA event since Charlottetown's Lorie Kane in 2001 and the Tour's third-youngest champion ever at 17 years, 11 months and six days.

She catapulted to No. 17 in the world rankings, boosted her earnings over \$660,000 and secured her 2016 card,

but because she's exhausted all six of her sponsor's exemptions she'll have to continue playing Monday qualifiers to gain entry into tournaments for the remainder of this season.

Last year, Henderson petitioned the LPGA to allow her into Q-school but was turned down because she didn't meet the minimum age requirement of 18. However other players — including second-ranked Lydia Ko and major champion Lexi Thompson — successfully petitioned to become Tour members before their 18th birthdays.

On Monday, Henderson said she continues to weigh her options regarding whether to again petition the LPGA Tour for an exemption.

"We're still thinking about it and evaluating the situation options with my family and team," the native of Smiths Falls, Ont., said during a conference call. "Hopefully we'll come to a decision pretty soon." THE CANADIAN PRESS



Brooke Henderson

GETTY IMAGES

MLB

Blue Jays demote Hutchison

The Blue Jays have sent right-hander Drew Hutchison to triple-A Buffalo a day after he pitched Toronto to a win over the rival New York Yankees.

Hutchison pitched 6-2/3 strong innings at Rogers Centre on Sunday in Toronto's 3-1 victory that avoided a three-game Yankees sweep.

Hutchison is 12-2 in 24 starts this season, but has been inconsistent, especially on the road, and has a 5.06 earned-run average.

9.00
Hutchison's ERA on the road in 11 starts this season. At home he boasts an ERA of 2.57.

The move comes as Toronto looks to shorten its starting rotation in preparation for a run at the American League East title. The Jays entered Monday a

half-game back of the Yankees for the division lead.

Toronto also recalled infielder Matt Hague from Buffalo to replace recently demoted reliever Aaron Loup.

Hague leads the International League with a .348 batting average, 83 runs batted in, a .427 on-base percentage and 161 hits.

The Jays said a roster move to fill Hutchison's spot on the roster will be made Tuesday. THE CANADIAN PRESS



Manager John Gibbons, left, pulls Drew Hutchison from Sunday's game against the Yankees. Hutchison earned his 12th win of the season on the day. CARLOS OSORIO/TORSTAR NEWS SERVICE

\$195K

Henderson earned \$195,000 with the win and has made \$661,818 in 10 events.

RECIPE Chicken Enchilada Won ton Cups



EAT LIGHT AT HOME

Rose Reisman
rosereisman.com

@rosereisman

These “pop in your mouth” appetizers are delicious and can also be served as a light lunch with a side salad. Makes 12 cups.

Ready in

Prep time: 15 minutes
Cook time: 13 minutes

Ingredients

- 12 won ton wrappers
- 1 1/2 cups diced cooked chicken breast or thigh (leftover or rotisserie)
- 1/3 cup medium or hot salsa
- 1/4 cup diced green onions
- 1/4 cup chopped cilantro
- 1/2 cup grated Monterey Jack cheese or Old Cheddar
- 1/4 cup diced avocado
- 1/4 cup diced tomato

Directions

1. Preheat oven to 350 F. Place won ton wrappers in 12 mini-muffin cup pan. Spray with vegetable oil, bake for eight minutes or until lightly browned.
2. In a mixing bowl, add chicken, salsa, green onions and cilantro. Fill won ton cups with chicken mixture. Divide cheese over top. Bake for another five minutes. Garnish with avocado and tomato.

Nutrition per serving

- Calories 68
- Protein 6 g
- Carbohydrates 5 g
- Fibre 0 g
- Total fat 2 g
- Saturated fat 0 g
- Cholesterol 14 mg
- Sodium 166 mg

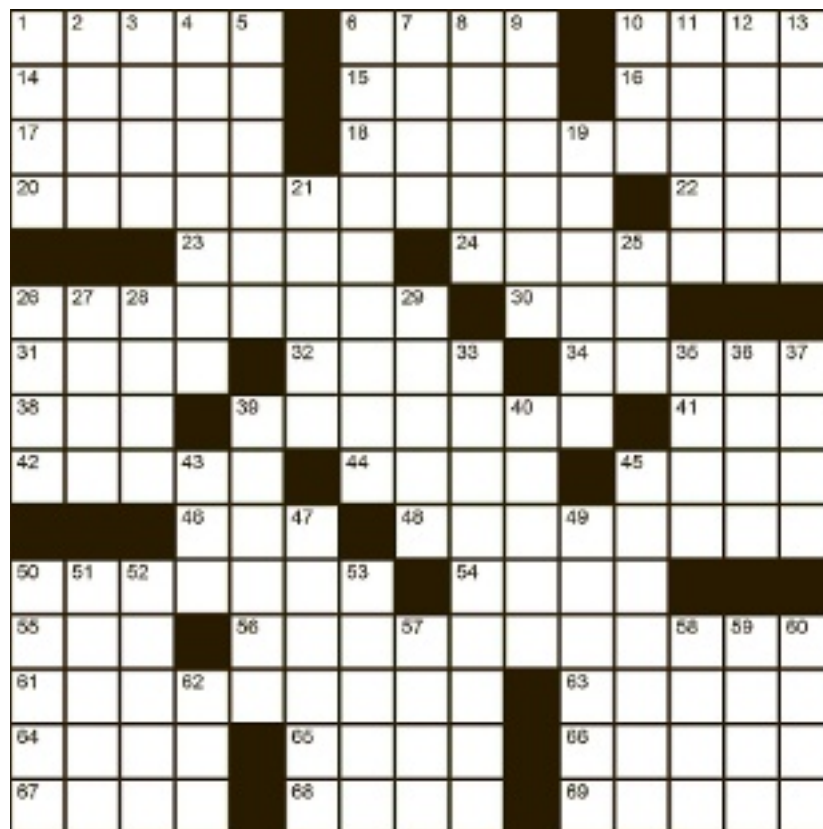
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. 8th Greek letter
6. Newspaper piece
10. Some slitherers
14. Got word
15. __ Strauss & Co.
16. Country legend Mr. Atkins
17. Boo-boo
18. 'No jeans' policy: 2 wds.
20. Quebec's provincial tree: 2 wds.
22. Mr. Tolkien
23. Faux-teller
24. University fee
26. Became less tolerable: 2 wds.
30. Patch up
31. Do as Simon says
32. John Keats creations
34. Egyptian water lily
38. __ Tin Tin
39. Super enthusiastic
41. Andy Capp's wife
42. Montreal subway
44. Cirneco dell'__ (Dog breed)
45. Bash
46. Advantages
48. Unique
50. Casablanca's locale
54. Hospital readout
55. Mr. Vigoda
56. Frightful forest in the Anne of Green Gables story: 2 wds.



61. Billowy bed blanket
63. Avant-__
64. TV producer Norman
65. Soprano's solo song
66. Saskatchewan village between Regina and Saskatoon

67. Spot
68. Church's sounder
69. Overbrims

DOWN

1. 1970 Carpenters hit: "(__ Long to Be) Close to You"
2. Roll call re-

- sponse
3. "My Name Is __"
4. Streetcar
5. Skillful
6. Celebrating 60 Years... Nickname of the Angus L. Macdonald that spans Halifax Harbour: 2 wds.

7. Actress Ms. Gilpin
8. Tennis ace, Chris __
9. __ Throw (Decathlon event)
10. T.O. Raptors home venue
11. Screen in Japanese decor

12. Peter, in Spain
13. Shock jock Howard
19. Canadian __ (Region of rocks)
21. Kind of mackerel, shrub or joyful shout
25. Deuce
26. Earth crawler
27. Off-Broadway theatrical award
28. Monthly apartment money
29. Mr. Gingrich's
33. Left-handed
35. Non-stick pan brand
36. Uma's role in "The Producers" (2005)
37. Glide
39. Boss
40. *NSYNC-er Mr. Bass
43. Duran Duran hit
45. Boat's upper edging
47. Sacred beetle
49. Techie device
50. Twin-crystal
51. Some instruments
52. Do cartography work again
53. Eccentric
57. Actor, __ Patrick Harris
58. "Be Quick __ Dead" by Iron Maiden
59. Lamar who married Khloe Kardashian in 2009
60. Mountain __ (Some soft drinks)
62. Cook with a pan

* IT'S ALL IN THE STARS by Sally Brompton

♈ Aries March 21 - April 20
Try not to be so open about your plans. Do you really need to tell everyone what you intend to do? Keep your aims and ambitions to yourself.

♉ Taurus April 21 - May 21
Jupiter in the most creative area of your chart makes it easy for you to think big but some of your ideas may be a bit out of touch with reality. Limit yourself to just thinking. Doing could be costly!

♊ Gemini May 22 - June 21
No matter how many great ideas you have, what's the point unless you actually do something with them? Do something special, something that gets you noticed.

♋ Cancer June 22 - July 23
Something remarkable will happen and you must be ready. It is tailor-made to meet your needs, so prepare yourself to move fast when the time comes to act.

♌ Leo July 24 - Aug. 23
Take extra care today, especially when socializing, travelling and taking part in artistic activities. Be confident and enthusiastic but don't believe that nothing can go wrong because that's when it will!

♍ Virgo Aug. 24 - Sept. 23
Some people may not approve of what you do, but why care? Your confidence is high and you won't hesitate to ruffle a few feathers if that's what it takes to get noticed.

♎ Libra Sept. 24 - Oct. 23
If something positive happens today, it could have a negative side to it as well. And if something bad happens it could also be positive in some way. Take it all in your stride.

♏ Scorpio Oct. 24 - Nov. 22
Think deeply about things you have taken for granted up until now. It will force you to realize that you don't live in a vacuum — what you do in your life touches others as well.

♐ Sagittarius Nov. 23 - Dec. 21
If you want to bring something new into your life you will have to get rid of something old. That is the message of the stars today and if you follow it there is no limit to what you can accomplish.

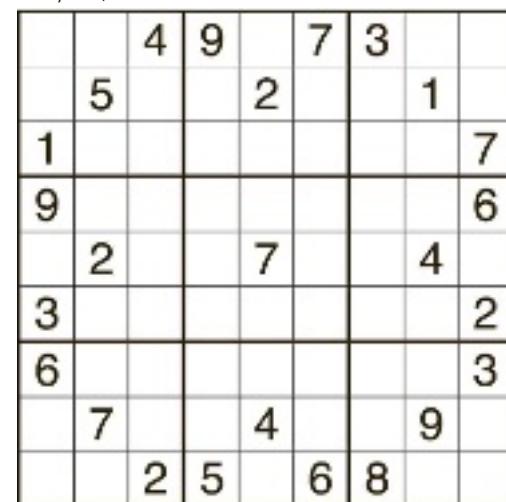
♑ Capricorn Dec. 22 - Jan. 20
If you cut corners today you will have to pay for it in some way. You may think you can get away with anything but don't be so sure. Play safe and play by the rules.

♒ Aquarius Jan. 21 - Feb. 19
Everything you say and do affects the world around you and if you bear that thought in mind today you will influence events far beyond your immediate environment. Whether that is for "good" or for "bad" remains to be seen.

♓ Pisces Feb. 20 - March 20
You cannot go back and change the past. The only thing that matters now is what happens next and that is entirely within your control. Be positive.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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